



How Lack of Sleep Impacts Children's Mental Health



zzzz

Emotional Regulation

Sleep-deprived children often have difficulty managing emotions. This leads to **increased irritability, mood swings, and stress intolerance.**



Anxiety & Depression

Ongoing sleep loss raises the risk of **anxiety and depression.** It can also **worsen existing symptoms** in children who already struggle with these conditions.



Why Sleep Matters?

Sleep is essential for children's physical, emotional, and mental development. When children don't get enough rest, it can have a profound impact on their emotional well-being, behaviour, and academic success.



Behavioural Issues

Tired children may act out, become **disruptive, or struggle with impulse control.** They may have trouble **following instructions** and staying calm.

Cognitive Difficulties

Poor sleep impairs focus, memory, and problem-solving skills. This results in **lower academic performance** and reduced learning ability.

How to Support Better Sleep and Mental Health

Consistent Sleep Schedule

Encourage children to go to bed and wake up around **the same time every day**, including weekends.



Bedtime Routine

Create a calming routine (e.g. bath, story, quiet music) to help signal it's time for sleep.



Sleep Friendly Environment

Turn off **screens** an hour before bed.
Make sure the bedroom is **cool, dark, and quiet**.



Promote a Healthy Lifestyle

Encourage **physical activity** during the day.
Support **balanced nutrition**, avoiding caffeine and sugary foods before bed.



Seek Professional Help when Needed

If sleep issues persist or mental health concerns arise, **consult a GP or mental health professional** for guidance and support.



Improving sleep is one of the **most effective ways** to support a child's mental and emotional health



Small changes in daily routines can lead to **big improvements** in mood, behaviour, and overall well-being.